

Hand Washing Enabling Learning Objectives

- 1. Select from a list when you should wash your hands.**
- 2. Describe the proper method of washing your hands.**
- 3. Select from a list the single most important action anyone can take to prevent the transmission of diseases**



Hand Washing

- ▮ **Hand Washing**
 - ▮ **Washing your hands is the single most important action you can take to prevent the transmission of diseases.**
 - ▮ **Pathogens (germs that cause disease) generally do not penetrate intact skin.**



Hand Washing

- ▮ **Hands should be washed:**
 - ▮ **After exposure to body fluids**
 - ▮ **After removal of gloves**
 - ▮ **Any time hands become dirty.**
 - ▮ **Before leaving a contaminated work area.**
 - ▮ **After contact with a specimen or test procedure.**
 - ▮ **After using the restroom.**



Hand Washing

- ▢ **How to properly wash your hands:**
 - ▢ **Avoid wearing rings other than a plain band. Remove your wristwatch or push it up to the middle of your forearm.**
 - ▢ **Stand before the sink, keeping your hands and clothing away from the sink surface.**
 - ▢ **Turn on the water and adjust the temperature to warm.**



Hand Washing

- ▮ **How to properly wash your hands (cont):**
 - ▮ **Wet your hands and wrists thoroughly under the running water.**
 - ▮ **Keep your hands and forearms lower than your elbows to prevent water from flowing from the most to the least contaminated area.**
 - ▮ **Apply 3 to 5 ml of liquid soap to your hands and lather thoroughly. (If you must use bar soap, rinse it before and after you use it.)**



Hand Washing

- ▢ **How to properly wash your hands (Cont):**
 - ▢ **Using plenty of lather and friction, wash your hands for 10 to 15 seconds. Vigorously wash the palms and backs of your hands, each finger, the areas between fingers, and your knuckles and wrists. Wash at least 1 inch above any area of possible contamination.**
 - ▢ **Clean under your fingernails.**
 - ▢ **Keeping your hands down, rinse your hands and wrists thoroughly.**



Hand Washing

- ▢ **How to properly wash your hands (Cont):**
 - ▢ **Using a clean paper towel, blot your hands from the fingers toward your wrists and forearms.**
 - ▢ **Turn off the water; if using a hand-operated faucet, cover it with a paper towel to avoid contaminating your hands.**
 - ▢ **Discard the paper towel in a proper receptacle after you open the bathroom door with the paper towel. Many people do not wash their hands and bathroom door handles carry germs.**